Reduce Stress and Improve Sleep

Sleep Habits Action Plan

Adequate sleep is important, especially when we are dealing with stressful circumstances.

I am going t	to make the	following	changes	in my	evening	routine to	improve
my sleep ha	abits:						

1.

2.

3.

4.

5.

If I can't fall asleep or get back to sleep, I'm going to try: 1. 2. 3. 4. 5.

Managing Stress Action Plan

Relaxing the body is an effective way of dealing with stress. Breathing exercises help deal with life's stressors.

I am going to practice my breathing exercises at the following times:

Stressful events, when I may benefit from using breathing exercises, are:

